Women for Aryan Unity Worldwide Present

Morrigan Rising

Issue No 8 2004 $5 - 5e

Greetings and welcome,

Issue Number 8 is finally completed and we are more than happy with the tremendous amount of support we have received within the USA and Europe, sales of *Morrigan Rising* within Europe have been wonderful thanks to the hard work of our WAU chapter in Finland. We would like to take this opportunity to thank our sister for all her hard work and dedication to WAU and the 14 words!

So far, 2004 has been a great year for us we now have an active chapter of WAU in Chile and this young lady has been a wonderful addition to our sisterhood and we are very impressed with her hard work and dedication, we also welcomed a probationary chapter of WAU in Argentina, so far this lady has exceeded our expectations and hopes for Argentina and WAU.

Myself, WAU Dallas and WAU Missouri had the pleasure of spending the Weekend in Arizona this past January at VolksFront's Aryan Fest gathering, we had the pleasure of finally meeting VF's head people and we were impressed by their hard work and friendship, we hope these bonds only continue to grow!

We hope you all enjoy issue number 8 of Morrigan Rising, if you would like to submit to MR or just comment in general you can email or snail mail us at the following two addresses!

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Customs and Traditions

Saint Patrick

The person who was to become St. Patrick, the patron saint of Ireland, was born in Wales about 385 AD. His real name was Maewyn, and he almost didn't get the job of bishop of Ireland because he lacked the required scholarship.

Until he was the age of 16, he considered himself a Pagan. At that age, he was sold into slavery by a group of Irish marauders that raided his village. During his captivity, he became closer to the Christian God.

He escaped from slavery after six years and went to Gaul where he studied in the monastery under St. Germain, bishop of Auxerre for a period of twelve years.

His wishes were to return to Ireland, to convert the native Pagans to Christianity. However, his superiors instead appointed St. Palladius. However, two years later, Palladius transferred to Scotland. Patrick, having adopted that Christian name earlier, was then appointed as second bishop to Ireland.

Patrick was quite successful at winning converts. In addition, this fact upset the Celtic Druids. Patrick was arrested several times, but escaped each time. He traveled throughout Ireland, establishing monasteries across the country. He also set up schools and churches, which would aid him in his conversion of the Irish country to Christianity. His mission in Ireland lasted for thirty years. After that time, Patrick retired to County Down. He died on March 17 in 461 AD. That day has been commemorated as St. Patrick's Day ever since. Much Irish folklore surrounds St. Patrick's Day. Not much of it is actually substantiated.

Some of this lore includes the belief that Patrick raised people from the dead. He also is said to have given a sermon from a hilltop that drove all the snakes from Ireland. Of course, no snakes were ever native to Ireland, and some people think this is a metaphor for the conversion of the Pagans. Though originally a Catholic holy day, St. Patrick's Day has evolved into more of a secular holiday.

One traditional icon of the day is the shamrock. In addition, this stems from a more bona fide Irish tale that tells how Patrick used the three-leafed shamrock to explain the Trinity. He used it in his sermons to represent how the Father, the Son, and the Holy Spirit could all exist as separate elements of the same entity. His followers adopted the custom of wearing a shamrock on his feast day.

The St. Patrick's Day custom came to America in 1737. That was the first year St. Patrick's Day was publicly celebrated in this country.

Nicole WAU Probate PA

White Nationalist Baby Magazine

WNB magazine is a non-profit White publication for babies, parents, and parents to be in our movement. We specialize in bringing you honesty, information, and sometimes controversy, about the issues that affect you, your children, your family, and ultimately, the future of our White society.

Explore parenting tips and resources focusing on pregnancy, fertility, family, babies, and White Nationalism. This magazine is totally 100% non-profit. All proceeds go to POW's, white families and groups who fund WN charities.

WNB also has an online forum. There you can discuss baby issues, pregnancy, before birth and beyond. You can also find a support system that can help you stick to your WN instincts, believe in your parenting abilities and have the freedom to talk about it. Preservation of our white race is of the highest law. We must secure the existence of our race and a future for White children. And we must do this by teaching our children White heritage. We must stabilize White family traditions by focusing on the fabric of family and pass them on to our offspring.

Join us in our fight for a Whiter brighter future.

http://www.wnbaby.us.tc

Interview with

ᛉ Valhallas Patriots ᛉ

1. Where is Valhallas Patriots from?

Valhallas Patriots are from middle of Europe!

2. How long have you guys been together? What made you guys decide to start a band?

We are now about one year together! We start V.P. to spread the Volksfront message over the World! Valhallas Patriots is a Band dedicated to the survival of our Race, Culture, and Folk!

3. What is your style of music? What do you sing about? Do you sing in English or German?

I think our music style is the WP Rock ` n Roll, we sing about the forgotten POWs, the Ideals of our folk etc...all our songs are sung in English!

4. Who are some of your influences?

Our musical influences are Ian Stuart (Heroes never die) and other good Bands like the Old Intimidation One, Aggressive Force.

5. Introduce your band for us.

The Band is:
Mr. XY - Guitar & Vocals
Mr. Stick - at the drums
Mr. String - at the Bass

6. Where is your favorite place that you have ever played? Tell us about it.

We played a few small Local shows, and a few bigger shows. Our favorite place was the AF 04! Because the Organisation was great, the Bands, and the Security did a Bad Ass job, there were no FIGHTS!

7. What is your favorite band you have ever played with?

I think our favorite band we ever played with is Max Resist and Rebel Hell!

8. You guys were just in America at Aryan Fest in Phoenix Arizona. I really enjoyed your set! This was your first time in the USA, what was your first impression of gigs in the states?

I know that the Gigs in America are smaller then in Europe, but smaller shows are more like a Family! WE like that! WE really liked it to play at AF!

9. Thanks for taking the time to do this interview; do you have any last words for all the WAU readers out there?

We would like to greet all our VOLKSFRONT Brothers and Sisters and the WAU for this Interview! YOU ARE NOTHING YOUR FOLK IS EVERYTHING!!! NOTHING FOR US EVERYTHING FOR OUR FOLK HAIL THE WHITE FOLK!!!

Kalie - WAU Dallas

Congratulations to Nicole and Ron, Anne and Harry on their pregnancies, Aryan families living by the 14 words.

Faith — Folk — Family

"What's Responsible for the Corruption?"

The citizens of the United States of America need to take notice of the Nordic nations – Denmark, Sweden, and Finland and see what sound political and social leadership is actually all about. According to the Berlin based "Transparency (International", the 1998 " corruption perception index" reveals that these Nordic nations are the least corrupted nations anywhere in the world. Unlike the political and social institutions here in the U.S. these nations leaders and ruling hierarchy are extremely apprehensive to situations that are capable of threatening the provincial customs, values, and traditions of their own people and also corrupt their governmental body.

This is not to say that there is not corruption amongst the citizens or institutions of these nations, because their will always be ethnical problems in any populated land. However, these problems can be removed from the respected nations, but that success depends on the soundness of the leadership governing the population. If you have leaders whose priorities are in special interest groups (religious, political, and curriculum) or agendas that reflect someone else's ethnical nationality, only cultural chaos and corruption will be perpetuated from the positions they have been appointed to oversee!

The reasoning is simple; each race of people not only has there own cultural, political, and philosophical ideologies, but we each, as ethnical groups, also possess inherent sociological habits, traits and mental capacities. The instinctual quality that each race of people has is what necessitates how they deal with social / civil situations, this instinct is what compels foreign leaders to gravitate toward those who look and act like themselves.

When we look at the Nordic nations, it should come as no real surprise that the leaders of these countries are the least corruptive and oppressive. The point here is clear, since Nordics handle the affairs of their nations, and give attention to their own people above all else, virtuous and noble things are inevitable going to occur across the land. The Nordic people fully understand that ideas and beliefs that are counter to the cultural and traditional values of their own people cannot peacefully coexist with one another without there being distortion and an altering of the cultural order of the Nordic people!

People of foreign posterity and political thought have always brought to cultured and principled nations moral, physical, intellectual, and spiritual decomposition because it is in the very nature of these people(s). In nations around the world (our own for example) you can see the decline of cultural and ethical standards, the reasons are irrefutable.

No matter what level the corruption is on, it is always because the nation has capitulated to foreign/ alien authorities and allowed their influences to permeate throughout their political and social ranks. Once the influences have taken root, the national interests of the country can easily be shifted out of their own cultural arena; no nation can survive with alien infiltrators disseminating perverse ideologies and agendas from within.

These infiltrators have covertly disillusioned the minds of the Anglo/Aryan men and women handling the affairs of their respected nations with ominous political thought and ethnical trends so effectively they are now inadvertently selling their own folk short!

How much longer can intelligent and knowledgeable men and women drink from the chalice of indifference before they realize that the concoction being funneled down their throats is going to lead to the systematic destruction of every ethnical, cultural, and political values sacred to our folk?

Those of you seeing the atrocities going on in your nation, remember this! The only way too truly combat moral corruption, political. Deceitfulness and cultural falsehoods is to remove the people initiating the corruption! If it is foreign to the countrymen, eradicate it and the disruption will be diminished almost completely! Let your voices be heard – speak out on these issues wherever you are! We cannot be overrun physically by the alien hordes, nor can we allow their influence to dominate the minds of our people!

Do you see changes that must be made? Well if they are to be made it depends on what you are willing to do.

Unity is Strength!

Jogging And Walking FOR YOUR HEALTH

Have you ever stopped to think how much you actually walk every day? We take dozens of little walking trips just to do errands and daily chores. Walking and Jogging is a way of life to some people more than others, it can improve fitness and trim your body. It can also be an enjoyable experience if you have the proper equipment and the proper strategy.

Take brisk 30 to 40 minute walks at least three days a week. Aerobic walking increases the efficiency of your heart and lungs, lowers blood pressure and resting heart rate, relieves stress, raises metabolism, improves muscle tone, and improves the health of the bones. If your pace is too slow, however, you **will not** get the aerobic benefits.

If you are out of shape, overweight, or older, begin your exercise program with walking, not jogging. Keep your pace slow at first, and then gradually increase the speed of walking. You need to exercise gently and then rest, exercise gently and rest, repeatedly. Gradually you will get fitter and your resting heart rate will decrease. Then your body will be ready to begin jogging, not before. If your goal is to lose fat, exercise for long periods of brisk walking. Duration and frequency are very important.

If you walk at a fast pace over long distances, you need to wear good shoes with a reasonable amount of cushioning. This is especially important for overweight walkers. Walking **NEEDS** to be comfortable. If your knees and hip joints are constantly uncomfortable at a brisk walking pace, you may do better with hiking, bicycling, or even jogging.

Sudden demands on your muscles, like running up stairs, pedaling a bike, or lifting a heavy weight, may cause the muscles to burn. The burn indicates a build-up of lactic acid in those muscles. Slow walking is the best way to get rid of lactic acid. The more aerobically trained you are, the less you will feel the burn. This means you can exercise longer and harder before getting the burn.

Always warm up for 5 to 10 minutes. Walk slowly and stretch before you start a faster workout. Be sure to cool down for 10 to 15 minutes by strolling and stretching again.

WAU recommends aerobic exercise for a minimum of 20 minutes, three times a week at 60% of the maximum heart rate. Doing less than this will minimize your health benefits. Exercising four or more times, a week will increase your health benefits. It is up to us as White men and women to insure we are healthy and strong, we will need both when on the streets and for general survival of our folk!

Always check with your healthcare provider before you start an exercise program. Do not forget to choose exercise and fitness activities that you enjoy.

WAU Ireland ©

Argentina:

Some people believe there are no pure Europeans in South America, this is a false theory about the people of South America, especially in Argentina, this country HAS European roots. Many European immigrants came to this country with hope to live a good life in a beautiful country; and it is an honour for us that they have chosen Argentina! For our country, this is not a good time, as our politicians have bad influences, such as Zionism and communism, they permit all kinds of crimes against our race and the community, they want to kill our traditions. Our economy is a shame, many young people want to help our country, our roots are white, and the roots of this country are white. Always was White. Many white young people fight against all types of crime. In Argentina, our Grandparents are Europeans; they came from Germany, France, Italy, Spain, and many more European homelands. Few people know the richness and beauty of this country, we fight for our people and our roots, they will continue forever.

Anybell WAU Probate Argentina

(Originally appeared in our WAU Australia publication *Women of the Southern Legion*!)

Meet the Goddess

AIRMID OF IRELAND

In Myth

A daughter of the God of medicine, Diancecht, this Goddess of the Tuatha De Danann was adept at medicine and all healing arts. She was looked upon as a magician and herbalist of great repute. After the death of her brother Miach, she tended the grave on which all the herbs of the world grew and as she harvested them, they spoke to her and assisted her in their uses. She laid them out on a cloak by their properties, but her jealous father came along, shook out the cloak, and scattered away nearly all of the knowledge.

She was also a craftswoman who, with her brother, helped forge the famed silver hand of Nuad.

In Magick And Ritual

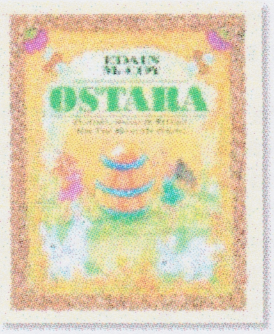
Call on Airmid for general aid in magic, for healing, learning herbalism, or understanding family loyalty. She can also inspire craftspeople. Airmid was also known as the Goddess of Witchcraft.

Correspondences

The caduceus wand, silver, hazel, chamomile, rosemary, number seven. Element-Earth.

Book Review

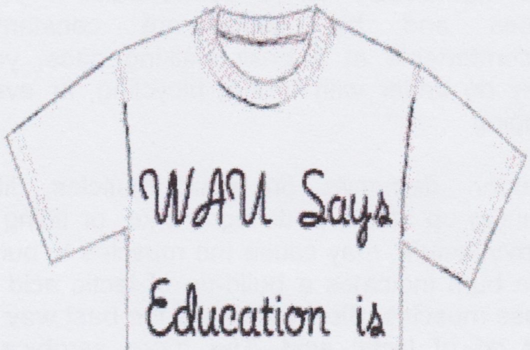
***Ostara: Customs, Spells & Rituals for the Rites of Spring*, by Edain McCoy, Llewellyn $14.95.**



Embrace Ostara as a point of balance in your life, a moment in time where both dark and light and night and day are in harmony before the light is victorious and carries us on to the bounty of summer pleasures. *Ostara* is packed with rituals, spells, recipes, crafts, and customs to celebrate the awakening earth.

This delightful guidebook will help you deepen your understanding of the spiritual aspects of this ancient spring holiday, and discover new ideas for expressing that spirituality. This book has 198 pages.

Llewellyn Publications
ISBN 0-7387-0082-7



Magickal Herbs

LAVENDER

What is Lavender?

Lavender flowers grow in purple spikes atop tall stems, and are common in household gardens. Sandy or even rocky soil will support lavender well. A lavender infusion can be used to relieve the itch of insect bites or to help heal small cuts and bruises. The small flowers have a subtle flavor to them and are sometimes used in baking, teas, or other cooking as seasoning.

Also Known As....

Latin: *Lavendula officinalis*
Common Names: Elf leaf, nardus

Magickal Properties

Using Lavender in rituals. While chamomile is ingested to utilize its calming properties, lavender is simply inhaled. The strong scent of lavender is recognized by aroma therapists and Pagans alike to calm the nerves and help encourage restful sleep. Lavender blends well with chamomile in herbal dream pillows.

The ancient Romans used lavender often in baths and perfumes, mainly for the wonderful scent rather than the magickal attributes. The flowers are used in magick, for love, peace, friendship, and sometimes protection. Showing its Mercurial side, lavender is also good for encouraging mental abilities, concentration, and communication. I find it helps to focus my mind before mediation. Carrying a small charm bag with lavender is a good way to use its energy, but as with other potent herbs, the smell may be too obvious.

More Correspondences

Other Properties:
Planet: Mercury
Element: Air
Associated Deities: Hecate

Lavender As Food

In today's upscale restaurants, flowers are making a comeback as enhancements to both the flavor and appearance of food. As a member of the same family as many of our most popular herbs, it is not surprising that lavender is edible so it is not surprising that its use in food preparation is also returning.

Lavender was often used during Tudor and Elizabethan times in the preparation of a wide variety of dishes and was a particular favorite of Queen Elizabeth I. The palace gardeners were required to have lavender flowers available at all times which were sued to make Conserve of Lavender (a mixture of lavender flowers and sugar) and sweet lavender tisane, a drink made with lavender flowers, boiling water and honey.

Today the flowers can often be found in salads where they bring a dash of color, fragrance, and a bittersweet flavor. The blossoms and leaves can be used instead of rosemary in many recipes and crystallized flowers make beautiful and tasty cake decorations.

Lavender used in the kitchen is primarily fresh blossoms or "culinary lavender". To get fresh blossoms you must of course grow your own of know someone that does. In many recipes, dried blossoms can be substituted. Culinary lavender is lavender bud harvested just before flowering; it is when the oil concentration in the bud is the highest.

Morrigan Rising ©

Anorexia

Essay written by Anonymous

We all know that action is the key to success, and we always try to be the very best. However, in a world that will try to knock you down you must have the strength to survive the final round. Growing up today you have to be wise because its hard to tell the truth when its covered by the lies. The world can be cruel and the world can be kind, but you had better step up or you will be left behind.

This is some of a poem that one of my friends from my support group had shared on the first day. However, I shouldn't get to far ahead of myself, my name is Ender Olson, and I suffer from a very serious disorder, it is called anorexia. Some may say that anorexia is not that serious, but it changed my life, and many others.

I'm really fine mom, all my friends diet too.

It started around when I was 13, I had never really had to worry about my weight, I had a fast digestive system, and I never seemed to gain weight. However, when I hit puberty things seemed to change. My body was growing, and I started to put on weight, but this did not bother me at all, and why should it have. But it started to in the summer of 1996, it was at summer camp, we had swimming, and it was mandatory. But unlike most of the kids I had no problem with this, I was a strong swimmer and enjoyed it allot.

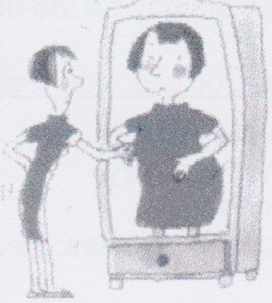
I got to my swim class and sat down. It was a very warm day, a day that I would remember for a long time. Well we all sat on the dock listing to them give instructions on what to do and stuff like that. However, I was hot, so I took off my shirt, first mistake. The girls sitting across from me stared at me and were whispering to each other, but I had no idea what they were saying. So, I did the class but as I got out of the water, I was behind the two girls. They were laughing, the first one said, "Did you see that guy, he had bigger boobs then you did." So I assumed they were talking about me. The signs all pointed that way, and that was the first time a person ever called me fat, and I was assured to make it my last.

I started to work out at camp. Weights at the Fitness area, running the camp road, pull up's, and swimming. It seemed to work, and for that time until the end of the summer, I was happy. Then I got home from camp, and I stopped, and the weight piled on again, I could see it. Nobody told me about it because that would just be very rude. But I knew what they were thinking. So I started to work out at the gym. But that wasn't it; I also cut back on food. Suddenly I was spending almost 2 hours everyday after school at the gym, and it seemed to be working. I was thin, but not happy.

To make up for all the fat that I thought I still had, I cut out meals, to start I just didn't eat breakfast, no problem. It worked my result's were better then ever, because I did not eat. So I starved myself more and more, thinking food was what was making me gain all that weight, my day was, Work, Sleep, Drink, Nibble. I started feeling faint, and I couldn't do as many laps, and I couldn't lift as much anymore, but I pushed. Then one day I was doing repetitions of 120 pounds, up, down, up, down, up, down, up, but then all of a sudden the weight became really heavy, and the room dimmed, and then black.

I woke up in a room that was white. I thought I was dead, and then I saw my parents come over and look at me crying. For the first time in so long, I did not care about how I looked, I only cared about being alive, and to be where I was. Of course the weight had hit my chest breaking all of my rib, and fracturing my arm, but that left me stuck in bed long enough to realize just how stupid I had been, I had put my life on the line because I thought I was fat.

It sounds stupid, even to me, but unless you have gone through it you can't know what it's like, the need to be small, to not have a single ounce of fat, it's like any addiction, almost impossible to get rid of, I guess I saw the light when I passed out, not the light at the end of the hallway, but the light which showed me the way to me freedom. My freedom from the disorder they call, Anorexia.



SYMPTOMS OF ANOREXIA

- Distorted Body Image
- Intense fear of gaining weight
- Feelings of guilt after eating
- Is already thin and weight is still dropping
- Cessation of a period for three consecutive cycles
- Counts every calorie and fat gram that is eaten
- Paleness, dizziness, or fainting spells
- Intense, dramatic mood swings
- Excessively and compulsively exercises
- Complaints of being cold
- Hair loss
- A high need for control
- Wearing loose clothing
- Exhaustion and Fatigue
- Hiding food in napkins, under beds, in drawers, etc.
- Abuse of laxatives, diet pills, or diuretics
- Very poor self-esteem
- Never eats around others

Some Telling Signs that Anorexia May Be in Progress

The individual is constantly complaining about being "fat," "obese" or "huge."

The individual is very preoccupied with weight, counting calories and fat grams, and dieting.

The individual is drained and has little energy.

The individual has begun wearing extremely loose fitting clothing.

The individual comes up with newfound excuses not to eat such as, "I already ate and I have an upset stomach."

The individual is extremely defensive about his/her weight.

The individual is often cold.

The individual often cooks or bakes food for other people, but refuses to eat the food himself or herself.

The individual has started growing fine facial and body hair-a type of fur (lanugo).

The individual is extremely irritable and has dramatic mood swings.

The individual tends to isolate in social situations or avoid social gathering.

The individual consumes a lot of non-caloric foods such as diet soda, gum, etc.

The individual's hair is falling out and/or becoming extremely dry and brittle.

The individual often withdraws from touching others.

The individual avoids restaurants and eating in front of others.

The individual's complexion has become pale and his/her skin is extremely dry.

When the individual looks in the mirror, his/her reflection is like a "funhouse" mirror. (Distorted)

Meal times have become extremely ritualistic- e.g. the individual will insist on eating in the same bowl, he/she will cut their food into tiny pieces, he/she will not let the articles of food on the plate touch one another, he/she will keep on moving food around the plate to make it appear as if something has been eaten, etc.

The individual uses excessive laxatives, diuretics, or diet pills to control weight.

If you answered "YES" to most of the questions listed above, please urge the individual to seek help from a healthcare professional.

www.w-a-u.net

The infiltration of our society by feminist ideology

By: Jessica, California

I'm a woman. Enough said. I see feminism as a lame excuse, and I believe this issue is backfiring. There is nothing wrong with trying to accomplish equality, respect, and independence. First, it is absurd to try and prove that men and women are one and the same. Secondly, why the hell are we trying to portray ourselves as such victims and men as such monsters? I strongly believe that you're only a victim if you allow yourself to be.

Men and women are not the same. Women are not equal to men. But neither are men equal to women. The adoption of feminist ideals degrades humans lower than the animals. The most radical movement in recent times which is revolutionizing the whole social structure and changing the entire basis of human relationships is the Feminist movement, popularly known as the drive for Women's Liberation.

Today's feminists are implacably opposed to any social roles being determined by sex. Feminists assert the absolute and unqualified equality of men and women, not withstanding anatomical differences. They deny that there is any inherent biological distinction between men and women on the basis of sex which determines that the wife should be the housewife and mother and the husband the breadwinner and authoritarian head of the family. They believe that women should take just as active role in sexual intercourse as men and not be passive. They demand the abolition of institutional marriage, home and family, asset complete female sexual freedom and that the upbringing should be a public responsibility. They insist that all women should be given the right to complete control over their reproductive lives.

They are demanding that all restrictions must be lifted from laws governing contraception so that devices can be publicly advertised and available over the druggist counter to any women regardless of her age and marital status and purchasable without a doctor's prescription. All laws restricting abortion should be removed and that women have a legal right to abortion at any stage of pregnancy. Abortions should not only be available at demand but should be supplied free by the state to any women who wants one so that the poor can take full advantage of facility.

This is the ugly face of feminism.

Feminism should be opposed as a destructive fanaticism since it is based on a gross and willful misapprehension of human life. Feminism is suspicion and hostility where mutual reliance is an absolute necessity. It has meant growing deceit, heartlessness and brutality, confusion and misery for the young, who have been deprived of stable family life and concrete ideals of adulthood. Feminism is an unnatural, artificial, and abnormal product of contemporary social disintegration, which in turn is the inevitable result of the rejection of all transcendental, absolute moral and spiritual values. The student of anthropology and history can be certain of the abnormality of the Feminist movement because all human cultures that we know of throughout prehistorically and historic times make a definite clear-cut distinction between "masculinity" and "femininity" and pattern the social roles of men and women accordingly. The disintegration of the home and family, the loss of the authoritarian role of the father and sexual promiscuity have been directly responsible for the decline and fall of every nation, which these feminism evils become prevalent.

Never has moral corruption and social decadence menaced mankind on such a universal scale, as is the case now. The adoption of feminist ideals degrades humans lower than the animals. For animals live by their instincts and cannot do anything opposed to their nature. Among animals, homosexuality is unknown. The male is only attracted to the female of its own species. The male animal never goes with lust to another male or a female to another female. Among animals, the maternal relationship is completely severed as soon as the young are able to look after themselves. In most species, the father takes no interest in its offspring. There is no such thing as modesty, chastity, marriage or filial ties among. beasts. These concepts are unique with human beings.

They are found at every stage of civilization and history. The feminists wish to abolish the very characteristics, which make man human and undermine the foundation of all his relationships and social ties. The result will be suicide, not only of a single race as in the past, but of the entire human race.

As a side note, somethings allotted to us women by nature that men just do not possess. That is, to be a wife, a mother, and a nurturer – why deny it? What's wrong with having a man take care of a woman if that's what she wants? How is that oppression? How is that inequality? Dammit, I expect a man to open a door in front of me. I expect a man to pay for my dinner if it was he who asked me out in the first place.

The different ugly faces of feminism:

Conservative Feminism is wrong

Conservative feminism criticizes the feminism, which "adopts a male model of careerism and public achievement as female goals, thereby denying women's need for intimacy, family, and children." They fear that "equality means death to the family." They often reject the popular feminist epigram, "the personal is political."

Liberal Feminism is almost right

Liberal feminism sees all people as equal; therefore, there should be equality for all. They see sexism as dysfunctional because it deprives society of one-half of its creative work force. Oppression exists because of our socialization process.

Radical Feminism is so far wrong it's not funny

Radical Feminism sees the oppression of women as fundamental and the most basic form of oppression. All other forms of oppression stem from male dominance. The purpose of this oppression is to obtain psychological ego satisfaction, and strength and self-esteem.

Socialist Feminism is almost as bad as Radical Feminism

Socialist Feminism links women's oppression to the class structure. Sexism is a way of rewarding the working class male; it gives them control over women. Women's work is less valued because it does not produce exchangeable goods.

I truly believe that many men (if not most) really, in their male nature, don't understand women. Well, that seems to be mutual. In addition, that is the way it is always going to be. You cannot say an elephant is better than a tiger, neither can you complain than elephants, and tigers are not equal. You can say that they are entitled to the same amount of food and water, but they are still different species. And so are men and women. We can be equal in what amount of money we make, or what rights we have, but we can never be equal in everything, because nature did not intend for it to be so. Men are far from being perfect, but so are women. They are not better then us, and we are not better than them, we are simply different. There should be a way we can coexist and find a compromise where both genders are happy.

If you are a woman who can't find a man, blame it on yourself and no one else. If you're a woman being taken advantage of by a man – have the guts to leave that jerk, but don't blame the rest of the male population for this mischief. Someone I used to know was in a abusive relationship, beaten, nearly raped and once almost strangled by her so-called-boyfriend. Thankfully, that night he goes for her throat, she runs out on the street and straight to a police station. The fucker gets arrested. And what does she do after all this nonsense? She drops charges. A month later she marries him. The moral? Most of the times, men treat women the way they do because women let them.

FEMINISM SUCKS!!!!!!!!!!!!!

Groen Rechts Belgium

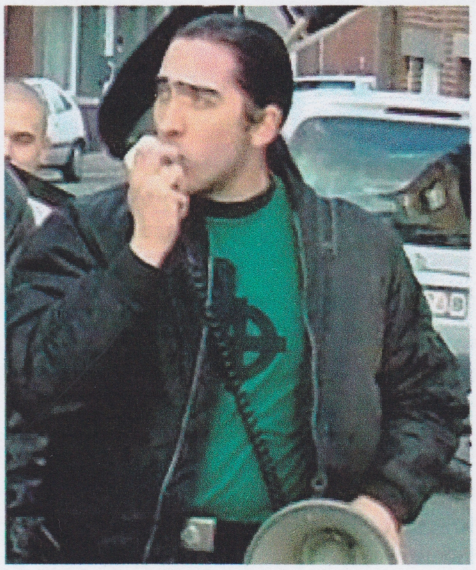
(Green Right)

Introduction

Who and what are we?

We are a militant organization consisting of representatives of all ages and social classes (not a "party"). We want to bring back a movement to Flanders that is not dependent of one or two nationalist parties. We want to criticize the modern-age society on a legit but also on a strict way. In addition, we want to equip our members with an educational and historical background through schooling and study trips. Since we do not accept moneylenders who control our program and pull the strings on the background, we are forced to work with own means.... We pledge ourselves to keep our readers informed of our activities.

Ecology



We stand up for:

- Healthy food
- Better treatment of animals (free range for chickens, and such)
- Exclusion of Animal Sacrifice for Everyone
- Quality control on foodstuffs
- Unsprayed products (without political interference by e.g.: Oxfam)
- A waiting term for the acquisition of pets to scare off impulsive customers
- Protection of the small agricultural companies

We are against:

- 'MacDonaldising' of our nourishment and our society
- The use of growth hormones
- Genetic 'improvement' of fruits and vegetables
- Unrighteous treatment of animals (e.g. box-veal, chicken-batteries)
- Cloning of plant, animal of human alike

Society

We want effective tax-reductions, no symbolic reductions of 0.1%. 'Make the Grand-Capital pay for the crisis' is a slogan that offers an interesting alternative not only for communists. The current evolution is as follows: the 'poor' enjoy benefits of all sorts (raised child allowances, social housing, study allowances, discounts of all sorts) while the middle-class (shopkeepers, teachers...) has to protest for its rights... When the middle class and the owning class disappear because of tax pressure, we will return into a society model with very rich and very poor, slaves (current working-class and middle-class) and nobility (the current big enterprises and multinationals with their capitalist stockholders).

On top of that, we have the fact that a grand portion of the public is waved asleep by watching stupid TV-shows with little intellect and with many free sex-scenes. The larger part of the population is already satisfied with a rented studio and a TV, a stereo and an American refrigerator on payments. This all creates a fake feeling of wealth, while the banks and the grand-capital are raking in the payments.

By the way, how is it possible that private initiative is required to help the poor, while we live in a 'Welfare state' with social nets everywhere? The social nets appear to be another waste of tax money.

We plead for:

- Tax reductions
- A real social net with less 'street corner working people' and 'square watchers', so private initiatives become obsolete
- The annulations of millions games in which the TV-companies give tons of money to the players, this in contrast to certain classes of society...

The Ratting State

On a more social way we are against 'trashcan controllers' (who can control people on illegal dumping), 'party watchers', 'city watchers', 'parking watchers', 'neighborhood watchers' and 'police-mailmen', who tend to give people the feeling they are living in a telling-state, rather than taking care of the unsafe. More police instead of ticket writers of all sorts, who just thicken the city treasury by harassing people, who do not work for the system yet, with an arrogance not even the police can get away with.

Self-government rights for all peoples

That all people have the right to govern themselves is without a doubt. However, those who oppose themselves against an independence movement because it has that political colour, or have that religion, just because it does not fit their merchandise, cannot seduce us. We have "evil" Catholics in Ulster, the "evil" Islamics in Palestine or the "evil" communists in Baskenland in mind when talking about this. Religion and political systems are interesting subjects of conversation, but cannot get in the way of the international understanding that exists between groups that strive for independence! Of course, the fact remains that not every political system or religion that works somewhere else, works in our country.

Immigration

Everything that has to be said about it has already been said. We just add the following:

There is no place like home

And for everything else, we would like to point to the right to self-government for all peoples.

Nationalism

Since the 'nationalist' parties have already patented the future of an independent Flanders (everything remains the same, just the name of the country changes) we will not join the other sheep in the herd. We remain Flemish, in a European radical way.

We just cannot accept that one can become Flemish in the Flanders of nowadays' 'nationalists' as easy as one can become Belgian.

HOW ARE WE ORGANIZED?

Our board consists of 5 people:

-3 permanent members
-2 members elected by the groups members

Groen Rechts further exists of several separate Cores who can work independent:

-BRUSSEL-MECHELEN-TIENEN
-ANTWERPEN-KEMPEN
-VLAANDEREN

info@groenrechts.be or
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2018 Antwerp

GR©

Little Warriors of WAU

Window Box of Herbs

Plants that are great to grow together in a window box for children:

Rosemary
Parsley
Dill
Sage
Thyme
Sweet marjoram

(Parsley is for protection; Sage is for protection, marjoram for happiness, Dill for protection, and Thyme for courage.)

Green Man Dessert

2 cups miniature marshmallows
1 box pistachio pudding mix
1-2 cups blueberries
1 can undrained pineapple chunks
1 container whipped topping

Mix marshmallows, pudding, and pineapple in a bowl. Mix in 1/2 of the whipped topping. Spoon into cups. Spoon on a layer of whipped topping into each cup, top with blueberries.

Gay Rights?

In 1991, the Washington Post Weekly reported that the Gay Rights Movement is the fastest growing, and perhaps the most powerful lobby in the United States today. The blatant attitudes of homosexuals can be determined to some degree by their names:

"QUEER NATION"
"RADICAL FARIES"
"MOBY'S DICK"
"LAMBDA LEGAL DEFENSE" - FOR GAYS
"ACT UP, AIDS COALITION TO UNLEASH POWER" - MILITANT GAYS WITH AIDS
"NAMBLA, NORTH AMERICAN MAN-BOY LOVE ASSOCIATION" - GAY PEDOPHILES
"NOW" - KNOWN AS A WOMEN'S GROUP, BUT ACTUALLY IS A LESBIAN RIGHTS GROUP LED BY THEIR ADMITTEDLY PROUD, BI-SEXUAL PRESIDENT, PATRICIA IRELAND

Not only are these groups threatening our communities, but they're targeting our children's' schools as well. According to their own literature, the goals of "SMYAL" – the Sexual Minority Youth Affirmation League – are these:

- Boys walking the halls of schools holding hands.
- Same sex kissing in school.
- Same sex dances and dating in school.

If this is the kind of lifestyle you want for your children being encouraged to live, then you will have no problem fitting in with the agenda that is taking place in our communities. If you oppose this lifestyle that is FORCING its ways into our everyday lives, then stand up and resist these inexcusable actions that go against Nature, Morality, and the American Way. Remember good education starts at home.

http://www.volksfront-usa.org

The Carrot or the Stick

I watched the news like many others had done and I could not believe that another White Child had been abducted in broad daylight! Then we heard a Sarasota Police Sergeant tell an inter-viewer about the capture of the degenerate who kidnapped 11-year-old Carlie Brucia, and how the creep was refusing to talk to anyone concerning the child's fate. The Sergeant further claims police are attempting to 'negotiate' with him in order to gain his cooperation. Oh Really! I would have negotiated with a gun to his head, maybe that would have changed his fitly sick twisted mind!

The Sergeant had to be either joking, or of touch with reality, or just plain stupid. Time was of the utmost urgency and they could not afford to waste precious minutes by daggling a carrot on a stick in front of his face, an innocent child's life was in the balance.

I suggested hat instead of one carrot, the entire bunch should have been rammed down his throat until he begged for air. I guarantee after that, he would have given up his own mother.

There is no doubt the suspect, Joseph Smith, is the pedophile who kidnapped the little girl, because the police already had enough evidence to convict him of the crime.

The main focus of the police should have been to quickly ascertain where the child was by using any and all means to their disposal to locate her whereabouts. It was possible she may have still been alive and hidden away in some remote location not too far away. The most important thing was to get this innocent child home to her family as quickly as possible! How we all prayed it was not to late.

Now that she has been located, it appears the child was murdered shortly after being abducted. Upon hearing the sad news, the entire world wept along with her parents.

It would give me great satisfaction to see this pig, Smith, tied to the bumper of his vehicle by his genitals and dragged through the same car wash where abducted this innocent child!

Morrigan Rising ©

Aryanfest 2004

January 31st, 2004

The Volksfront 3rd Annual Althing, now called, 'Aryanfest', was another successful Volksfront event. Crucial to this event was our hopes to bring a myriad of organizations and leaders together mixing racial education with entertainment. We were pleased to have members of Panzerfaust Records, White Revolution, Aryan Nations, Hammerskin Nation, National Socialist Movement, Blood and Honour, Women for Aryan Unity and Volksfront at our event.

The event turnout was 211 by according to Volksfront Security and 258 according to Maricopa County Park Rangers. We had expected a larger turnout but confusion within the AZ VF chapter caused some folks to be concerned and not attend, for this we apologize. In any case, the event was peaceful, legal and encountered no security problem from within or without. Only two persons were asked to leave for their own safety due to their questionable ancestry, there were absolutely no fights at this event.

The Speeches included rousing speeches by Tom Metzger, "H" from Central Europe, Billy Roper, Pastor Butler and April from the National Socialist Movement. All gave great speeches and April presented several awards to event organizers for bringing together so many organizations. Thank you April. Following the speeches, Valhalla's Patriots played their first major show and during their first visit to the United States and did an outstanding job after some sound check difficulties. Valhalla's Patriots also recorded their first full-length CD while in the United States so look for it being released in coming months.

Following Valhalla's Patriots was Max Resist sounding better than ever which immediately created a good pit. Sean as always was great with the crowd and put on a great performance backed up by Rebel Hell. If you have not seen Max Resist live, you are definitely missing out. Following MR was Rebel Hell, also from Detroit. Rebel Hell plays a great set and got great crowd participation and we look forward to having them play for VF again in the future. After Rebel Hell, Youngland played a great set also with tracks from their second and first CD's. Next up was Patriot's Call from Southern CA, followed by Panzerfaust's newest band, American Standard. American Standard played an outstanding set and finished the night off in good fashion with good pro-White hardcore, their CD will be out soon on PF and is a definite must have.

Although this event was hosted and organized by Volksfront, it would not have been possible without the help of Panzerfaust Records. Panzerfaust Records really went all out in assisting with band contacts and financial support.

We'd also like to thank the following without whose support this event would not have been possible: All VF Members, Security and Chapters, Sean of Max Resist and NHS, Rebel Hell (Thanks for the Cigar), Youngland, American Standard and AF, Steve and the Berdoo Boys, Anthony and PF Records, Patriot's Call, Valhalla's Patriots, Women for Aryan Unity, Tom Metzger, Pastor B and AN, NSM, Billy and White Revolution, Derek K, Josh, Sara, and Josh K from VF AZ, VF LA and OC (bad ass job fellas, you made us proud), "Mr. H" from Blood and Honour Middle Europe (You are the man!) and most of you all who attended and made the event a peaceful pro-White gathering showing our enemies unity in the face of all odds. Hail you all!

Volksfront ©

http://www.volksfront-usa.org

Book Reviews

Celtic Women's Spirituality – Accessing the Cauldron of Life **- By Edain McCoy**

This is a wonderful book for the pagan women who is interested in learning a lot of the Celtic aspects of pagan rituals, spells, and myths. It is a very well written book that teaches one about the triple goddess in Celtic lore and study as well as about the gods and goddesses that are worshipped on a Celtic pagan level. It is full of meditations to bring one closer to the gods and goddess as well as strengthening ones own beliefs as well as your Celtic comrades. I really enjoyed this book because it does not come off as a feminist book by any means and teaches women to be proud of themselves, to awaken the goddess that is within each of us, and to build upon those ideals. This is a great author and she has many other books that will be of interest to anyone who is pagan and who is wanting to learn more about the Celtic myth, magic and spirituality of our Celtic roots.

A Witch's Guide to Faery Folk **- By Edain McCoy**

Yet another great book from this author. She is a very educated person on the goddess aspect and teaching women how to go about their spiritual path. This book teaches one how to invoke the aid of the faery folk in your rituals and daily life. There are guides on how to work with faeries and other elementals as well as which are best for certain types of rituals and ceremonies. It has a wonderful history of the faery folk, where to seek out faeries, and how to identify the good faeries from the bad ones. Also contained in this book is a dictionary of 230 beings from elves to faeries to elementals. It is a very detailed dictionary dealing with their place of origin, temperament, and lore about each being. This is a wonderful book and I would highly recommend it to anyone who enjoys reading about faeries and other beings of mystical lore.

Reviews Compiled by WAU Missouri

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Abortion Techniques Described

Dilation and Curettage (D&C)
After dilation of the cervix, a ring forceps is inserted into the womb and the baby is extracted in pieces. Then the abortionist inserts a curette, "a rod shaped instrument with a sharp edged spoon on the end, into the uterus to scrape the after-birth (placenta) from the wall of the womb and confirm that the womb is empty. Bleeding is usually profuse.

Suction-Aspiration
The abortionist inserts a hollow plastic tube into the dilated uterus. "This tube is attached to a suction machine. The suction machine is turned on. The uterus is emptied by suction. The suction tears the baby's body as s/he is being pulled through the hose.

Dilation and Evacuation (D&E)
Used after 12 weeks. The baby is too large to fit through to fit through the cervix. The baby "must be removed with instruments and suction curettage. A pliers-like instrument is needed because the baby's bones are calcified, as is the skull. The abortionist inserts the instrument into the uterus, seizes a leg or other part of the body, and, with a twisting motion, tears it from the baby's body. The spine must be snapped and the skull crushed in order to remove them from the womb. Body parts are then reassembled and counted to make certain that the entire baby has been removed from the womb.

Saline Injection ("Salting Out")
This is used after 16 weeks. A long needle is inserted though the mother's abdomen into the baby's amniotic sac. Some fluid is removed and a strong salt solution is injected. The solution is swallowed and "breathed" and slowly poisons the baby. S/he kicks and jerks violently as s/he is literally being burned alive. "The uterus begins to contract, as in labor. The contractions continue until it pushes out the fetal and placental material.

Hysterectomy
Used mainly in the last three months of pregnancy, the womb is entered by surgery, as in a cesarean section. An incision is made through the abdomen. "The fetus and placenta are removed, and the incision is closed with stitches. The tiny baby is allowed to die by neglect or direct act.

Prostaglandin
This form of abortion uses chemicals, developed by the Upjohn Pharmaceutical Co., which cause the uterus to contract intensely, pushing out the developing baby. In one article, one of the complications listed with this method was "live birth." In fact, the two most "dreaded" complications for an abortionist are a dead mother or a live baby.

Dilation and Extraction (D&X – Partial-Birth Abortion)
At a September 13-14, 1992 meeting of the National Abortion Federation, a trade association of abortion providers, an Ohio abortionist, Dr. Martin Haskell, described the D&X technique he has perfected. With the D&X, method the preborn baby is alive until the end of the procedure when the child is killed by suctioning the brain tissue through a hole at the base of the baby's head while still inside the birth canal. Then the intact aborted child, minus brain content, is removed. The late Dr. James McMahon, a former abortion colleague of Dr. Haskell's, admitted that he used this D&X technique to abort preborn children up to 32 weeks "or more."

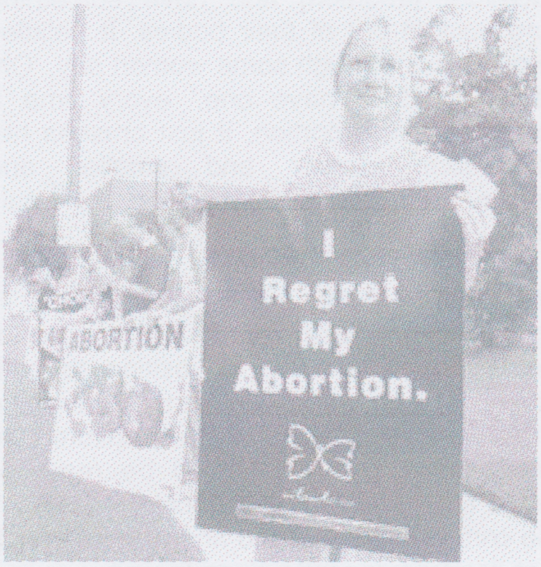
After three days of preparations, the abortionist places an ultrasound transducer on the mother's abdomen and locates the child's legs and feet. The abortionist then uses a large forceps to grasp one of the baby's legs. He pulls firmly, forcing the child into a feet-down (breech) position. He continues pulling until the baby's leg is drawn into the birth canal.

Next, using his hands instead of forceps, the abortionist delivers the baby's body in a manner similar to a breech birth. First, the child's other leg is delivered, followed by the torso, shoulders, and arms. The baby's head "usually" remains inside the uterus.

The abortionist then performs the last step which Dr. Haskell calls "fetal skull decompression." Using blunt-tipped surgical scissors in a closed position, he pierces the child's head at the base of the skull. He then forces the scissors open to enlarge the skull opening. The abortionist then inserts a suction catheter into the brain and vacuums out the child's brain tissue (in Dr. Haskell's words, "evacuates the skull contents) causing the baby's death. The skull collapses and the dead baby is removed.

Barbara Radford, Executive Director of the National Abortion Federation said of this abortion technique, in a 6/18/93 letter to NAF members, "Don't apologize: this is a legal abortion procedure."

Securing our future one child at a time ©



PRO LIFE
www.w-a-u.net

Abortion and Pro Life Quotes

"Now, the baby I aborted was eleven weeks old, and can you imagine what this did to me when I saw this baby with the hands and face, sucking his thumb? And they told me it was a cluster of cells!"

-- **Carole K**. State Director of Women Exploited By Abortion. From Women Exploited, which is a sampling of the stories of WEBA (Women Exploited by Abortion) chapter members?

"If the abortion is well done, we don't have to watch the baby die. So, we inject a salt solution. The result is like putting salt on a slug, but we don't have to watch it."

-- **Dr. Russell Sacco M.D**. quoted in James Long "Infants Aborted Alive: Officials Wink at Laws"

If a woman we were counseling expressed doubts about having an abortion, we would say whatever was necessary to persuade her to abort immediately."

-- **Judy W**., former office manager of the second largest abortion clinic in El Paso, Texas

*** Dolores O'Riordan, Lead Vocalist, The Cranberries:**
"It's not good for women to go through the procedure [abortion] and have something living sucked out of their bodies. It belittles women. Even though some women say, 'Oh, I don't mind to have one,' every time a woman has an abortion, it just crushes her self-esteem smaller and smaller and smaller." (Source: You! Magazine, June/July 1996)

* **Mel Gibson, Actor**
On a 1990 Barbara Walters Special, actor Mel Gibson stated his opposition to birth control, infidelity, and abortion. "God is the only One who knows how many children we should have, and we should be ready to accept them. One cannot decide for oneself who comes into this world and who does not. That decision doesn't belong to us."

Compiled by WAU Missouri

A Beautiful Thing?

Comrades & Kinsman,

It has come to my attention that there are some among us that are promoting traitorous acts of our women. Just the mere mention of homosexuals makes our blood boil. Just the sight of two homosexuals together makes us sick and disgusted.

Then why do some of you consider two women engaging in acts of sex to be **"A Beautiful Thing?"** Two women cannot produce Aryan children any faster than two men can.

My understanding is that a homosexual is someone who has a sexual attraction for someone of the same sex.

Therefore, it does not matter if you are two men or two women together. It is still a crime against nature and treason against the movement. So how can two women committing these acts either in private or for the perverse pleasure of their men be **"A Beautiful Thing?"** Think about it!

Richard "cowboy" Godbey

Fact vs. Legend
Throwing Christians To the Lions

The persecution of Christians by the Roman Government was not a consistent policy that was enforced the same way by every Roman provincial governor or government official or even by different emperors. Most of the time, Christians were tolerated but were viewed as strange and somewhat antisocial by most of the Roman people.

Because the Roman gods were actually a part of the state religion, and it was thought that they must be worshipped regularly in order for the Romans to have victory in war and prosperity at home, it was considered a roman's patriotic duty to sacrifice regularly to Jupiter, Mars, Juno, Vesta, and leave offerings out for the household gods, the Lares and Penates. The Christians, on the other hand, believed in one God and worship Him in three persons, Father, Son, and Holy Ghost. Making sacrifice to Jupiter or Poseidon was (and still is) abhorrent to a Christian. Because the Romans believed that the favor of the gods was necessary to the security of the state, the Christians were believed to be not only impious and anti-religious but unpatriotic as well. In addition, many Christians refused to serve in the army because they might have to kill other human beings and thus violate the commandments of Christ. Similarly, some Christians refused to hold government posts, engage in commerce, or loan money because they saw these activities as lending approval to a corrupt earthly system. They believed that the only true empire was in heaven. As a result, the Roman government saw fit to persecute the Christians from time to time, especially during unsettled periods when a popular reform movement arose to return to the old Roman ways and values. Most Roman magistrates believed themselves to be enlightened and the government they represented to be merciful. and gave the Christians many opportunities to renounce their "strange unpatriotic beliefs" before condemning Christians to death in the arena or by formal execution.

They absolutely could not understand why a Christian would choose a shameful, agonizing public death over being reinstated as a full citizen with all privileges when all the person needed to do was make a sacrifice for the health of the emperor or even just sprinkle a little incense over a lighted altar. The crowds who came to witness the games were a different matter altogether. Sometimes they became worked up into a frenzy of hate. They considered the Christians to be antisocial scum and clamored for a painful death for them in the arena, being mauled and torn apart by wild beasts or forced to fight gladiators who killed them for a public spectacle.

The most famous of the Christian persecutions was under Nero. A disastrous fire destroyed much of Rome in the year A. D. 64. Somehow, a rumor started circulating that Nero himself started the fire in order to rebuild the city. It was well-known that Nero considered much of Rome ugly and squalid. Whether or not he had any part in setting the fire is still being debated to this day, but the rumors started to spread and might become a threat to Nero's reign and life if left unchecked. He therefore decided to blame the antisocial and subversive Christians for starting the fire. after all, didn't they hold worship services underground in the city tombs known as catacombs? To make sure he was believed in accusing the Christians of setting the fire, he had many of them killed. Some were crucified in the arena, others thrown to wild animals, and still others were burned alive as living torches to light Nero's garden at his Golden House. St. Peter died during the Neronian persecutions. Because of this most well known persecution, Nero was written into history as one of the most depraved and cruel of the Roman emperors.

Persecutions were renewed under Septimius Severus, Trajan Decius, Valerian, Gallienus, and Diocletian. The Second Century emperor Trajan instructed one of his provincial governors, Pliny the Younger, to not actively seek out Christians who were in violation of the law. Nevertheless, some Christians desired the crown of martyrdom so greatly that they openly proclaimed their faith. Some, but not very many, were condemned to death under Trajan. Severus Alexander and his mother, Julia Mamaea, were interested in all gods, philosophies, and religions. It is said that Severus Alexander actually kept a statue of Jesus amongst the statues of other gods in his own personal shrine.

Persecutions were particularly acute under Decius and Diocletian. These emperors sought to revive worship of the old Roman gods and bring back a respect for ancient custom. After a particularly intense period of persecution under Diocletian, Christians were finally given the legal right to worship as they pleased under the Edict of Milan, issued in A. D. 313 by Constantine I. Seventy five years later, Christianity had become so influential and Christians had such power that the emperor Gratian had the ancient statue of Victory removed from the Roman Senate House on the insistence of the very powerful and influential Archbishop Ambrose of Milan.

Heroes & Heroines:

Johann Sebastian Bach

Johann Sebastian Bach was one of the greatest composers in Western musical history. More than 1,000 of his compositions survive. Some examples are the Art of Fugue, Brandenburg Concerti, the Goldberg Variations for Harpsichord, the Mass in B-Minor, the motets, the Easter and Christmas oratorios, Toccata in F Major, French Suite No 5, Fugue in G Major, Fugue in G Minor ("The Great"), St. Matthew Passion, and Jesu Der Du Meine Seele. He came from a family of musicians. There were over 53 musicians in his family over a period of 300 years.

Johann Sebastian Bach was born in Eisenach, Germany on March 21, 1685. His father, Johann Ambrosius Bach, was a talented violinist, and taught his son the basic skills for string playing. Another relative, the organist at Eisenach's most important church, instructed the young boy on the organ. In 1695 his parents died, he was only 10 years old. He went to go stay with his older brother, Johann Christoph, who was a professional organist at Ohrdruf. Johann Christoph being a professional organist, continued his younger brother's education on that instrument, as well as on the harpsichord. After several years in this arrangement, Johann Sebastian won a scholarship to study in Luneberg, Northern Germany, and so he left his brother's tutoring.

A master of several instruments while still in his teens, Johann Sebastian first found employment at the age of 18 as a "lackey and violinist" in a court orchestra in Weimar. Soon after, he took the job of organist at a church in Arnstadt. Here, as in times before, his perfectionism and high expectations of other musicians – for example, the church choir – rubbed his friends the wrong way, and he was caught up in a number of quarrels during his short stay. In 1707, at the age of 22, Bach got fed up with the "lousy musical standards" of Arnstadt (and the working conditions) and moved on to another organist job, this time at the St. Blasius Church in Muhlhausen. The same year, he married his cousin (now that's just wrong!) Maria Barbara Bach.

Again caught up in a running conflict between parts of his church, Bach fled to Weimar after one year in Muhlhausen. In Weimar, he assumed the post of organist and concertmaster in the chapel. He remained in Weimar for nine years, and there he composed his first wave of major works, including organ showpieces and cantatas.

By this stage in his life, Bach had developed a reputation as a brilliant, yet inflexible, musical talent. His qualities on the organ was unequaled in Europe, in fact, he toured regularly as a solo virtuoso. His growing mastery of compositional forms, like the fugue and the canon, was already attracting interest from the musical establishment – which, in his day, was the Lutheran church. But, like many people of great talent, he was never very good at playing the political game, and consequently suffered drawbacks in his career. He was passed over for a major position, which was Kapellmeister (Chorus Master) of Weimar, in 1716. Partly in reaction to this situation, he left Weimar the following year to take a job as court conductor in Anhalt-Cothen. There, he slowed his writings of church cantatas, and instead concentrated on instrumental music. His time Anhalt-Cothen in period produced, along with other masterpieces, the Brandenburg Concerti.

While at Cothen, Bach's wife, Maria Barbara, died. Bach remarried soon after to Anna Magdalena and went ahead with his work. He also went ahead in the baby making department, producing 13 children with his new wife – six of which survived childhood. That plus the four children he had raised with Maria Barbara. Several of these children would become fine composers in their own right, especially three of his sons: Wilhelm Friedmann, Carl Philipp Emanuel and Johann Christian.

After conducting and composing for the court orchestra at Cothen for seven years, Bach was offered the highly prestigious position of cantor (music director) of St. Thomas Church in Leipzig, after it had been turned down by two other composers.

The job was a demanding one; he had to compose cantatas for the St. Thomas and St. Nicholas churches, conduct the choirs, oversee the musical activities of numerous churches, and teach Latin in the St. Thomas choir school. He had to get along with the Leipzig church authorities, which proved to be difficult. But he persisted, polishing the musical component of church services in Leipzig and continuing to write music of various kinds with a level of skill that was his alone.

Bach remained at his job in Leipzig until his death in 1750. He was creatively active until the very end, even after numerous heart problems virtually blinded him in 1740. His last musical composition, a chorale prelude entitled "Before They Throne, My God, I Stand", was dictated to his son-in-law only days before his death.

Interview with

Those Opposed

1) How was Those Opposed formed, and how long has the band been together?

Those Opposed was formed in 1995. Gonzo and I talked our friend Lunchbox into playing bass for us. LMD and I have been friends since high school and even back then, he said he was going to sing for whatever band I was in so he had dibbs on the vocal job. All that was left was to find a drummer. After looking high and low and advertising here and there, we could not find a drummer we liked so we settled on a drum machine. The drum machine worked well as a temporary solution. For the next 6 or 7 years, we played small shows and parties. During this time, we went through a couple of name changes. Finally, we decided to get a little more serious and we got a demo together and sent it to Jesse at Diehard Records. He liked what he heard and put two songs on his compilation "White Music for White People". Soon afterward, we were asked to play our first Pro-White show, the Aryan Nations World Congress '02. We then played a few shows for the KSS, which is where our 'human' drummer Brian saw us. In March '03, he wrote us and offered his services. We tried him out and immediately welcomed him into the band. Shortly after this, our bass player left and was replaced by Jack, another high school friend and another improvement. That is the current line up and I do not see any changes in the future!

2) Have any of the previous or current members of Those Opposed been in other bands?

None of us has been in any other bands worth mentioning.

3) Have you guys played many shows? Where is your favorite place that you have ever played? Tell us about it.

We have not played too many shows but we are hoping that changes very soon. As I said before, we played a show for AN, a few shows for KSS and a show for EHS. We also just recently played in a local bar, which was mainly for our local friends and family. We have been contacted recently about shows in other states so things are really starting to look up. I do not think we really have a favorite place to play. Any place that will have us and not create problems is great. When we started out, we literally starting playing in a big closet so any place we play is better than that!

4) How would you describe the style of the bands music and lyrics?

In the beginning, the lyrics were less political and more generalized. We weren't very serious at the time; this was all just a hobby for us. In the next few years, we realized that we might have a medium to get our beliefs across so we started to get a little more serious. Gonzo had written all of the lyrics in the past but, as we got more serious, LMD started to share the writing duties. Now Jack is doing some writing as well. It is hard for me to classify the style of music. I think we've always had an original sound and never knew who to compare it to. We call it Hatecore, hence the disk name Pennsylvania Hatecore. I, personally, would rather leave it to the individual to label as they wish – or not to.

5) Who are some of your musical influences?

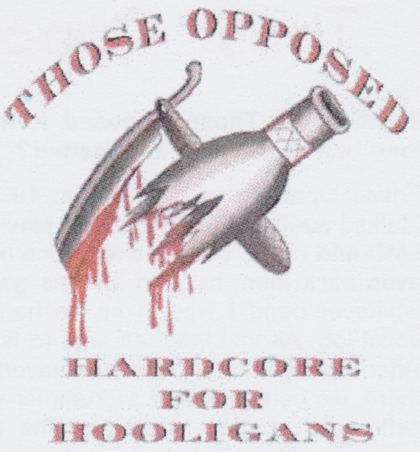
Our influences vary in range from Ministry and Godflesh to Aggressive Force and Skrewdriver of course. I love many of the newer bands like H8Machine, Force Fed Hate and Youngland, the music is so hard and the lyrics well written. Blue Eyed Devils is also a favorite of ours.

6) How do you see the scene coming along in the USA, any likes/dislikes? Things you'd like to change make better?

Some of the guys in the band have been in the scene for quite some time. I've only been in for a couple of years. I've been somewhat racial for some time but not at this current level of racial awareness. I have not been here long enough to compare how things are now as compared to how they used to be. I don't know how things used to be, only how they are now. One dislike, of course, is all the infighting. I do think it is overrated though. People are attracted to drama so something small can easily be blown out of proportion. For each bad incident I hear about, there are incidents that are far more positive. Just like the mainstream media, people concentrate on the bad, it is more "news-worthy", and most of the good goes virtually unnoticed.

Camaraderie in the scene is great, I love going to shows and meeting new people and spending quality time with other white racialists. I wish there were more shows and events being put on. It seems like everyday I hear of a new band and there are many labels helping these bands out. The movement is growing everyday and that is very positive.

I have heard it said that the Internet is the worst thing to happen to the scene. I cannot imagine how that could be true. There are countless websites dedicated to White Nationalism such as Stormfront who do the scene a great service by supplying a giant forum for people to gather, discuss and trade invaluable information.



6) Does your band follow a specific religious path? If so, why etc.

As a band, we are definitely not religious. As individuals, some are more religious than others. We all have different viewpoints on religion and to us; it is more of a family issue.

7) What are some of your future goals A) As Musicians B) As Individual Racialists?

As musicians, we just love to make music and play shows. We want to release another disk towards the end of this year and play as many shows as we can.

As individual Racialists we live, the fourteen words the best we can everyday. Only two of us actually have kids right now so they are doing their best to teach them to be proud for their race and to think for themselves. The rest of us have yet to start our families but no doubt, there will be more white babies in the future!

8) What do you hope to achieve as a Band?

We hope to attract more people to WN. I once was a fence sitter and it was the music and discussion forums that brought me in. I know there are tons of people like that out there and we hope to be a major contributor to the cause in this way. There are so many people out there with different ideals and ideas of what WN is, our job is simply to get them under the "umbrella" of WN. They can decide from there if they want to join an organization or just how much they want to contribute to the cause.

9) For those interested in your band do you guys have a website?

We do have a website, **www.thoseopposed.com**. Gonzo is the Webmaster and keeps the site up-to-date. He has drawn many cartoons and has some of them online. The cartoons alone make the trip there worthwhile. There is also a merchandise page, where you can buy our disk as well as shirts and stickers that will be available very soon. Like most Pro-White sites, we do get some hate mail. Gonzo refutes their emails in the Moron of the Month section. Stop by for a visit.

10) Do you have a question for WAU?

I know WAU have supported many shows over the years and have done countless fundraisers to help support white families around the world as well as POW's, do you see WAU *hosting* any shows? **WAU** has helped host shows only in Europe. We spend so much of our time focusing on our Aryan Family Clothing Program and prison fundraising, that we don't have much time left for anything else. When you host a show there is always the risk of losing money, and since money is hard to come by in the first place we'd rather at this point just go to the shows and raise money by selling CDs etc. that have been donated to WAU by various orgs and people!

11) Closing Comments!

I do not see my generation winning the battle for WN but I do see future generations winning it. It is important to teach our youth the ideals and morals of our ancestors. Teach them pride for our kind, not hated of others. We must take back our neighborhoods. When your neighbor is selling his/her house, find someone white to buy it. Don't stop at the local Quick-E Mart for milk and eggs, go to your nearest white-owned store. If you see a white person broken down on road, stop and give them a hand. This will give you an opportunity to *show* them that WN are not racist scumbags but rather real people trying to help their own kind. Instead of physically fighting immigrants, write and vote on a referendum that will get them deported. In my opinion, brains will win over brawn. I believe the fight can be won and WILL be won!

14
Oman

Gleipne is a Finnish/Norwegian POW magazine that is written in English, it's free for prisoners and 2 euro for others. You can also copy and distribute Gleipne as long as you give credit to the artists for their artwork, articles, or poems. Contact the publisher:

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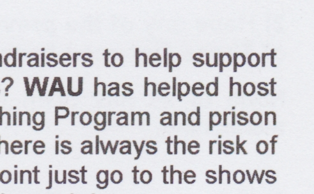


Pro Life News

Pro-Life Pharmacist Under Fire for Refusing to Fill Drug Prescription

Denton, TX (LifeNews.com) -- A pro-life pharmacist in Texas is under fire for refusing to fill a woman's prescription for the "morning after pill" given to her by a doctor after she reported being raped. The incident is reviving the debate about whether pharmacists should have the ability to follow their conscience and opt out of dispensing drugs that can or do cause abortions.

The rape victim went to an Eckerd drug store in Denton on January 23 where the pharmacist worked, but only after visiting several other drug stores that did not stock the morning after drug. The Eckerd pharmacist, whose name has not been released, refused to fill the prescription. She eventually was able to get the prescription filled at a Walgreen's pharmacy across the street. The Eckerd Corporation on Tuesday said it had disciplined the pharmacist for his actions. Eckerd spokesperson Joan Gallagher told the Associated Press she could not give details of the disciplinary actions, but said the pharmacist had violated company policy.

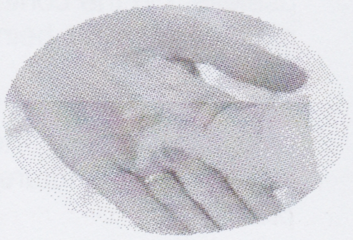
"A pharmacist is obliged to fill a prescription if it is a valid, legal prescription," she said. "We do not make exceptions for any moral, religious or ethical concerns with regard to filling the prescription." Pro-life groups disagree and say that pharmacists should be able to opt out of dispensing drugs that can or do cause abortions, just as other health care workers, such as doctors and nurses, can choose not to perform abortions without facing job consequences.

"Health care providers, including pharmacists, should be never be forced to participate in procedures or practices to which they are morally opposed," Elizabeth Graham of Texas Right to Life told LifeNews.com. "Forcing a pharmacist to participate in abortion through prescribing a pill that could cause a chemical abortion is outrageous."

More than two dozen pro-abortion protesters camped out in front of the Eckerd store on Monday and have been protesting throughout the week." To be faced with a pharmacist who moralizes to her, we find outrageous," Kathryn Allen of Planned Parenthood of Texas told WFAA-TV. "This is not a chemical abortion; this is a large dose of birth control pills to prevent an unwanted pregnancy." Graham said abortion advocates refuse to support conscience clause pro-life lawmakers wanted to add to a bill funding so-called emergency contraception that eventually failed in the state legislature.

"When abortion advocates were lobbying for the EC bill in the state house, they would not acknowledge the need for an 'opt out' clause or a conscience clause for those who were morally opposed to this powerful drug," Graham said." Now more than ever, we hope legislators will recognize the need for a conscience clause as most health care providers eschew participating in abortion of any type," Graham added.

The State Board of Pharmacy in Austin said pharmacists can refuse to fill a prescription but only on medical grounds, not over moral concerns. South Dakota has passed a law allowing pharmacists to opt out of dispensing drugs that could cause abortions or be used in euthanasia's, but it is the only state to do so. Legislation to protect pharmacists has failed in some states and pending in others. Texas-based retailer J.C. Penney owns Florida-based Eckerd.



We Must Secure the Existence of Our People and a Future for White Children.

Putting aside our petty differences

Our Race is our common bond. We are all fighting to save our great white race. So why is it that we still fight amongst ourselves on a daily basis almost?

There is so much petty fighting and dissent always going on somewhere in our white nations and between each other at all times it seems, when are we going to learn what it takes to win this war? I know there is no way we can all get along and be "best friends" or even believe in the exact same ideology, but we can work on the unity between our fellow kinsmen and women. Put aside the differences you have with one another, on religious, gangs, groups, and just plain old selfishness. We are not going to win the war by fighting each other and thinking each of us is right. When there are differences between individuals, that is fine, it is only human. However, it is the way we deal with the situation that makes us trash or a superior white man or woman. Deal with that other person on a personal level; do not make it a big ordeal.

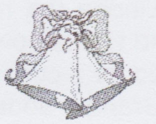
Do not bring your entire organization or group of friends into it; it is only going to make things worse for everyone. Until we realize this and begin to work on the unity of our own great race, ZOG will continue to be in control. That is how the Jews do it; they unite for one common goal. So let us all put our heads together and come up with some plans and ideas that we can all take part in, regardless of your religion or affiliations.

Of course, there are always going to be several different groups and organizations and it is a plus to our movement to have them all. What one group might not work on, another does, and we need all aspects to be covered. With all the different groups out there today, it should leave one feeling needed in at least one of them, however large or small the contribution, it is well worth it and much needed. While some organizations do not agree with another group's beliefs, it is imperative that we all get along on a certain level and have respect for each other. We can network with each and see what areas need more attention and work on it either together or separately, but we need to set our common goals together in order to achieve victory in the end. I don't always agree with what everyone says and does, however I do not put them down and I do not think what they do is useless. On the contrary, I respect them for being an active part of the movement and hope to be able to work with them if needed in the future and present.

Think of the possibilities if we all combine our forces and efforts, they are endless. If we could start working together, even on the smallest of levels, there would be some true battles won, politically and racially. In addition, the first step in achieving white unity is to put an end to the petty games we play and the selfishness that seems so abundant in our movement.

There are so many Good Warriors and patriots out there, I have seen so many myself, so may with true hearts and loyalty to our cause, it baffles me why we cannot put an end to all the trivial arguments. We truly are the greatest race on Earth; lets put all our intelligent minds together and destroy ZOG forever.

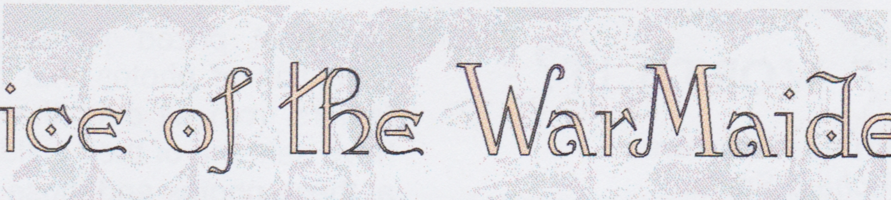
WAU ©



Wedding Bells

Congratulations to Jade (WAU Australia) and Jay on their Recent Marriage. We wish you both the best of luck.

Faith ~ Folk ~ Family



Voice of the WarMaiden

Most of us who are reading this come from a generation where we only get to hear about heroes, read the books and wonder what it was like to know these people, luckily enough our generation has had a handful of Racial Warriors, warriors that struck at the heart of ZOG and still to this day stand by their beliefs, these courageous men are known as the **Bruder Schweigen**.

The Bruder Schweigen was comprised of Racialists, Odinists, Identity Christians, KKK, and National Socialists, founded by Robert Mathews in 1983. The covert operations of the Bruder Schweigen included the alleged liberation of funds from Z.O.G. banks, alleged counterfeiting and the alleged removal of anti-White persons from the public eye, such as the mysterious assassination of Allen Berg, a Jewish Zionist talk show host in Denver Colorado.

Ten of them went to prison with sentences ranging from 40 to 100 years! The Order lives on through its imprisoned members who continue to inspire our kin from their cells and influence other members of our beloved movement. Many Order members have reached their release dates according to Federal Sentencing Guidelines but remain incarcerated in the worst prisons in the United States by a government which still to this day oppresses and destroys it's White population.

Members of The Order are Robert J Matthews – David Lane – Richard Scutari – Richard Kemp – Randy Evans – Gary Yarborough – Frank Silva – Randy Duey – Randy Evans – David Tate and Bruce Pierce all live except for Robert Jay Matthews was killed in action against Federal agents, dying with a weapon in his hand, on Whidbey Island in December 8th 1984.

Even behind prison walls The Order have still been the driving force behind the Racialist Movement of today, David Lanes written work has been an big inspiration to us all on the street, especially the code we should all live by the 14 Words coined by David Lane. Support those who have given up their families and freedom for our beloved White Race.

Hail the Order WAU Ireland

Excerpt from The Order's Declaration of War

It is now a dark and dismal time in the history of our race. All about us lie the green graves of our sires, yet, in a land once ours, we have become a people dispossessed....

Our heroes and our culture have been insulted and degraded. The mongrel hordes clamor to sever us from our inheritance. Yet, our people do not care.

Throughout this land, our children are being coerced into accepting nonwhites for their idols, their companions, and worst of all their mates. A course, which is taking us straight to oblivion. Yet, our people do not see...[sic]

Not by accident but by design these terrible things have come to pass. It is self-evident to all who have eyes to see that an evil shadow has fallen across our once fair land. Evidence abounds that a certain vile, alien people have taken control of our country.

How is it that a parasite has gained dominion over its host? Instead of being vigilant, our fathers have slept. What are we to do? How bleak these aliens have made our children's future.

All about us the land is dying. Our cities swarm with dusky hordes. The water is rancid and the air is rank. Our farms are being seized by usurious leeches and our people are being forced off the land. The Capitalists and the Communists pick gleefully at our bones while the vile hook-nosed masters of usury orchestrate our destruction....

We hereby declare ourselves to be a free and sovereign people. We claim a territorial imperative, which will consist of the entire North American continent north of Mexico....

As soldiers of the Aryan Resistance Movement (ARM), we will conduct ourselves in accordance with the Geneva Convention.

We now close this Declaration with an open letter to Congress and our signatures confirming our intent to do battle. Let friend and foe alike be made aware. This is war! – We the following, being of sound mind and under no duress, do hereby sign this document of our own free will, stating forthrightly and without fear that we declare ourselves to be in full and unrelenting state of war with those forces seeking and consciously promoting the destruction of our faith and our race.

Therefore, for Blood, Soil, and Honor, and for the future of our children, we commit ourselves to Battle.

http://www.freetheorder.com/

WAS IT WORTH IT?

A Bruder Answers

Richard Scutari

In May of this year, the Regional Director overruled U.S.P Marion staff's recommendation that I be transferred. This makes me the third person since Marion became locked-down in the 1980's to go through the program and not get transferred. I was informed by one of the staff that it was a matter of timing (the Oklahoma bombing). Had my transfer papers gone in a month earlier, I would have been transferred. Thus, Providence has decreed that I remain in this hell-hole a bit longer.

My German ancestors had a saying that went something like this – None lives through the night if the Norns so decree." Fate does play some strange tricks on us. In the case of my transfer denial, fate dealt me a pleasant surprise. My oldest daughter recently moved to Indiana, a five-hour drive from here. On the weekend of July 2nd and 3rd she, her husband, and my three grandchildren came to visit me. This was the first time I saw my daughter since before my trek to the Northwest in 1984. My daughter was barely 14 years old then. Now she is a grown woman with children of her own. I was happy to see them, but there was pain there, also. I wanted to crawl through the glass that separated us and hug them until they cried to be let go. I could never describe the pain of looking at my loved ones and not being able to touch them.

The parting on Sunday afternoon was hell, but nothing compared to what I felt as I sat in my cell the next day with tears running down my face as post-visit depression set in. I sat looking at photos of my children and grandchildren contemplating on the irony of having fought so hard for their future that I lost their present. Then I broke out one of my most prized possessions – my collection of photos that mothers and fathers from all over the White world have sent me of their children. Looking at these photos and those of my family brought to mind a question I am often asked – "Was it worth it?"

Was it worth it? What a ridiculous question. Nothing is worth losing your family and rotting in prison. However, "Was it worth it?" and "Would I do it all over again?" are two different things. I truly believe that our culture and the survival of our Race are in jeopardy. As a man who holds the virtues of honor, loyalty, and duty as the core of my soul, I was duty bound to do no less. In fact, I am amazed that others have not picked up where we left off.

The survival of our Race is on the line. If it takes the imprisonment of one-third of our men and the death of another third in order to win this war, then that is a cheap price to pay. The alternative would be far worse. Would it be worth it to those who die or suffer in prison? Hell no!! However, it will be worth it to future generations of White children. That is what this struggle is supposed to be all about. Those with a White Soul understand this. Those without a White Soul make up excuses of why they cannot or should not fight.

14 WORDS!

Your instinct is your internal guardian

<u>INSTINCT</u>. Our survival skill that we all sometimes disregard. Well, let me tell you folks, instinct is your inner arsenal. Your safety net. Your bullshit detector. Like every creature, you can know when you are in a presence of danger. You have the gift of a brilliant internal guardian that stands ready to warn you of hazards and guide you through risky situations. You CAN predict violent behavior.

In a very real sense, the surging water in an ocean does not move, rather, energy flows through it. In this same sense, the energy of violence moves through our lives. Violence is a part of America, and the world for that matter. It is all around us and in us. We are the top of the food chain. Facing not one single enemy or predator poses to us any danger of consequence, we have found the only prey left; ourselves.

Every thought is preceded by a perception, every impulse is preceded by a thought, every action is preceded by an impulse, and man is not so private a being that his behavior is unseen, his patterns undetectable.

Example: A TV news station reports on a man who shot his wife at her work. A restraining order has been served on him the same day as his divorce papers, coincidentally also his birthday. The news story tells of the mans threats, of his being fired from his job, of his putting a gun to his wife's head the week before the killing, of his stalking her. Even with all these facts the reporter ends with: " Officials concede that no one could have predicted this would happen." See the bullshit? Well, we would like to believe that people are infinitely complex, with millions of motivations and varieties of behavior. However, it is simply not so.

Back to instinct:

Nature's greatest accomplishment, the human brain, is never more efficient than when its host is at risk. In "A Natural History of the Senses", the author says: "The brain is a good stagehand. It gets on with its work while we are acting out our scenes. When we see an object, the whole peninsula of our senses wakes up to appraise the new sight. All the brain's shopkeepers consider it from their point of view, all the civil servants, all the accountants, all the students, farmers, mechanics, etc."

But this author forgets, it is the soldiers and guards in our brain who evaluate the context in which things occur, the appropriateness and significance of literally everything we sense. These soldiers and guards separate the merely unusual from the significantly unusual. They weight the time of day, day of the week, loudness of the sound, quickness of the movement, flavor of the scent, smoothness of the surface, the entire mosaic of each moment. They discard the irrelevant and value the meaningful. They recognize the survival signals we do not even consciously know are signals.

It is the brain, which sees, NOT the eye. Reality is in the brain before it is experienced, or else the signals we get from the eye would make no sense. Since we are the editors of what gets in and what is invested with credibility, it is important to evaluate our sources of information. In our lives, we are constantly bombarded with signals masquerading as knowledge, and our intuition relies on US to decide what we will give credence to.

Fifteenth century Europeans KNEW that everything in the sky rotated around the earth. Then, Galileo's telescope changed that truth. What it all boils down to folks is: <u>TRUST YOUR INSTINCTS</u>

Watch our for that charm and niceness from a stranger who gives out too may personal details. Deceptive smiles, unsolicited niceness often has a discoverable motive. We must learn and then teach our children that NICENESS DOES NOT EQUAL GOODNESS. Niceness is a decision, a strategy of social interaction; it is NOT a character trait. "He was such a nice man" Nice enough to rape you or kidnap your child.

People seeking to control others almost always present the image of a nice person in the beginning. Be aware. Rebuff unwanted approaches from strangers. If someone is staring at you be sure that you are staring RIGHT BACK AT THEM. That way they know that YOU see them. YOU know what they look like. You are telling them with your eyes that they cannot fuck with you. Also ladies remember, there is no spiritually minded movement dedicated to lightening the burden of American women by carrying their groceries!

NO!!!!!!!!!!!!!!!!!!! "No" is a word that must NEVER be negotiated, because the person who chooses not to hear it is trying to control you. And lastly, for those women who have husbands or boyfriends who think their precautions are silly... I have a message for them. For those who feel forced to defend their safety concerns: Tell Mister I-Know-Everything-About-Danger that he has nothing to contribute to the topic of your personal security. Tell him that your survival instinct is a gift from nature that knows a lot more about your safety then he does. In addition, tell him that NATURE DOES NOT REQUIRE HIS APPROVAL!

Jessica ©

White and Proud

It has become commonplace in popular society to brand those who oppress freedom of speech and thought with the most negative label imaginable "Nazis". In recent times, we have seen hundreds of flyers posted, "sweep south street clean of nazis!", they blindly advertise. The same left hand extremists who post such fliers are also fanatically seeking to accuse us or ban our music and literature. This blatantly shows their disrespect for freedom of thought and indeed proves that they are the ones practicing so called "fascism".

My words are in response to the generalization of all "nazis" as "boneheads". I am sure these left hand extremists tout themselves as being educated, but they fail to come up with something more intelligent than name-calling. I am sure in their eyes, they are standing up for what is right.

Perhaps they should take the time to reflect upon the reason they have learned to feel this way. Society's leaders and teachers often feel threatened by our way of thinking. They educate our white youth to feel ashamed of our history and race. Turns out, the source of their inspiration is not unbiased as they might have once thought. Everywhere you turn the media portrays being white as uncool and promotes the new trend where being an uneducated black thug is the in thing. White woman have begun wearing black men on their arms as nothing more than fashion accessories.

I have chosen to support the advancement of our white culture and race in a positive and productive way and to create unity and prosperity for our people. We must secure the existence of our people and a future for white children.

Trish
WAU Supporter USA

Nordic Angel

Nordic Angel with long blonde
hair,
dazzling eyes and skin so fair.
Secret goddess of the whites,
come the dawn, she will fight.
She's a beautiful rose in bloom,
saving her race from an impending
doom.
Fighting to save the Fatherland,
from the mongrel inferior man.
She makes her way through the
night,
to the village filled with non-whites.
Taking her victims one by one,
through the night, she may have
won.
As the dusk fades to dawn,
she begins to burn the inferior
spawn.
Embers solder in a victorious fire,
a voice echoes proudly...
One people, one leader, one
empire.

Nastasia Schultz

The Death Penalty in America

Jessica WAU Probate California

"The death penalty is a warning, just like a lighthouse throwing its beams out to sea. We hear about shipwrecks, but we do not hear about the ships the lighthouse guides safely on their way. We do not have proof of the number of ships it saves, but we do not tear the lighthouse down." - poet Hyman Barshay

The death penalty debate in the U.S. is dominated by the fraudulent voice of the anti-death penalty movement. The culture of lies and deceit so dominates that movement that many of the falsehoods are now wrongly accepted as fact, by both advocates and opponents of capital punishment. The anti-death penalty movement specializes in the abolition of truth.

To fight and deter crime effectively, individuals must have every tool government can afford them, including the death penalty. Honest, hard-working white people want a place where children can play outside without worry; parents can send their kids to school with peace of mind; In this day and age it is not so.

If we execute murderers and there is in fact no deterrent effect, we have killed a bunch of murderers. If we fail to execute murderers, and doing so would in fact have deterred other murders, we have allowed the killing of a bunch of innocent victims. I would much rather risk the former. This, to me, is not a tough call.

In order to secure our lives and families, we must start by eliminating parole eligibility for virtually all repeat violent offenders; barring murderers and sex offenders from participating in work release programs; toughening penalties for perpetrators of domestic violence; notifying communities as to the whereabouts of convicted sex offenders; overturning court created criminal-friendly loopholes to make it easier to prosecute violent criminals; and allowing juries to impose a sentence of life without parole for killers. The loopholes are what puts the killers back out on the streets. And we as white individuals must always be cautious as to where our children are.

We must live in a constant state of awareness.

Nearly 18 years ago, David Brewer, a nigger, called up Sherry Byrne and lured her to a motel. He raped her, then stuffed her in the trunk of his car where she was trapped for 10 hours, bound and gagged with wire and duct tape.

She made a "Help Me" sign with lipstick, and several motorists saw it sticking out of the trunk and reported it to police. But Brewer drove her to a secluded farm lane. He strangled her with a necktie, broke her neck, stabbed her 14 times and slit her throat, then stuffed the body back in his trunk and drove home to his wife.

Now he sits on death row, for EIGHTEEN YEARS. This nigger should have been killed 18 years ago not allowed to suck off of the taxpayers pockets!

Anti death penalty

Death penalty opponents who twist the truth to protect killers are also torturing victims' families. The case against capital punishment relies on myth, misinformation, and misplaced emotionalism. The pain of homicide victims' relatives never ends. It chips away at their souls and psyches year after depressing year. Those of us who favor death for murderers rely on history, on common sense, on an instinctive sense of fairness, and on a moral tradition stretching back to Sinai. But in our time as in all times, there are those who would rather let evildoers get away with murder. In pursuing their ideology at the expense of honest reporting, many journalists and political activists have perpetuated a number of myths about the death penalty, riddling the debate with shoddy statistics.

The debate goes on

The following report presents the true facts of the death penalty in America. If you are even casually aware of this public debate, you will note that every category contradicts the well-worn frauds presented by the anti-death penalty movement.

1. Imposition of the death penalty is extraordinarily rare. Since 1967, there has been one execution for every 1600 murders, or 0.06%. There have been approximately 560,000 murders and 358 executions from 1967-1996 FBI's Uniform Crime Report (UCR) & Bureau of Justice Statistics (BJS).

2. Approximately 5900 persons have been sentenced to death and 358 executed (from 1973-96). An average of 0.2% of those were executed every year during that time. 56 murderers were executed in 1995, a record number for the modern death penalty. This represented 1.8% of those on death row. The average time on death row for those 56 executed – 11 years, 2 months ("Capital Punishment 1995", BJS, 1996), an all time record of longevity, breaking the 1994 record of 10 years, 2 months.

3. Death penalty opponents ("opponents") state that "Those who support the death penalty see it as a solution to violent crime." Opponents, hereby, present one of many fabrications. In reality, executions are seen as the appropriate punishment for certain criminals committing specific crimes. So says the U.S. Supreme Court and so say most death penalty supporters ("advocates").

4. Opponents equate execution and murder, believing that if two acts have the same ending or result, then those two acts are morally equivalent. This is a morally untenable position. Is the legal taking of property to satisfy a debt the same as auto theft? Both result in loss of property. Are kidnapping and legal incarceration the same? Both involve imprisonment against one's will. Is killing in self-defense the same as capital murder? Both end in taking human life. Are rape and making love the same? Both may result in sexual intercourse. How absurd. Opponents flawed logic and moral confusion mirror their "factual" arguments – there is, often, an absence of reality.

The moral confusion of some opponents is astounding.

Potatoes stewed in cream

From Jessica's mom!

(Stuvede Kartofler, Kermassa keitetyt perunat, Stuvad Poteter, Stuvad Potatis)

This will make 10 servings

Scandinavians love potatoes stewed in cream. The recipe varies from region to region, and even from cook to cook. In southern Sweden, for instance, they often sauté finely chopped yellow onions along with the potatoes. I happen to like mine topped with lots of fresh herbs. My stepmother who is from Oslo, Norway gave this one to me. Serve with almost any roasted or broiled meat or poultry.

10 medium-sized (about 1-1/2 pounds) potatoes
2 tablespoons butter
1-1/2 cups half-and-half
1-1/2 teaspoons salt
1/2 cup finely chopped fresh herbs, such as dill, parsley, or chives, or 2 tablespoons dried herbs

Pare and dice the potatoes into 1/2-inch cubes. Melt the butter in a heavy skillet. Add the potato cubes and sauté them until they are coated with butter and begin to look translucent. Pour the half-and-half over the potatoes. Add the salt. With a spatula, blend the ingredients well. Cover and cook over low heat until the potatoes are soft, about 20 minutes. Sprinkle with the herbs before serving.

During the long, dark Scandinavian winter, the meals tend to be hearty and substantial. In Sweden and western Finland, a traditional Thursday lunch consists of a meal of pea soup and pancakes. A typical winter dinner might include Danish crackling roast pork with sugar-browned potatoes topped off with an irresistible ice cream cake. Christmastime gatherings, in particular, are often a chance to celebrate with a cup of hot glogg or Swedish punch. When the winter is finally over, the seemingly endless summer days are savored along with the fresh fruits and vegetables that are hard to find after the short growing season. During the white nights of Sweden and Norway, it is customary to serve a midnight supper after a concert or the theater, while a special occasion such as a baptism or anniversary might call for a feast of dill-stuffed whole salmon followed by kransekake, a beautiful towering ring cake of ground almonds.

No, matter what your level of expertise as a cook or where you live, most Scandinavian recipes are easy to make.

Work for the cause

There are many ways to help our cause, people, and our countries. Here are few of my ideas how to do your bit.

- Help lonely and old people
- Glue stickers in phone booths and light poles on the street
- Recycle!
- Grow your own vegetables
- Write to your local Newspaper of our ideas
- Be polite!
- Help POWs and their families
- Buy WP-music records
- Look tidy and respectful
- Keep your word
- Be ready to do anything to help your own kin, even if it means you are missing out or left with 'empty' handed.
- Leave Business cards in Library books
- Help poor white families
- Have family picnics!
- Speak only the truth!
- Do not trust any one blindly!
- Educate yourself ALL THE TIME!
- Copy some writings and give to people or make your own leaflets
- Have children, or adopt a white child or foster (Remember also you can be also Auntie or Uncle to your friends' children and also foster that way!)
- Educate your family and friends!
- Be kind to animals and respect nature!
- Home-school your child
- Cook your own meals and use the money you were about to spend for a family in need!!!
- Read stories to your children and also tell Slavic, Celtic, Germanic, and Nordic myths.
- Take your whole family to Museum
- Learn another language or some other important skill
- Know THE REAL HISTORY OF YOUR PEOPLE!
- Always promote our ideas when there is a good opportunity
- Donate money to different projects and organizations
- Order WP-NS books and magazines
- Ask different religious people (like Mormons) to your house for a meal and tell some truths about Jews (But remember to be polite. Remember these people have been brainwashed for years!)
- Do voluntary work, benefiting your neighborhood or your country and its people!
- Exercise and be fit!
- Keep your home tidy and clean to set an example to your visitors!
- Visit old people at old people's homes and show that they are not forgotten! You can also really learn from them and their sacrifices for us. Keep regular contact with few of them and send cards etc. to cheer them up!!!
- BE TRULY WHO YOU ARE! In addition, do not try to hide your ideas. By living your life respectfully, you set an example and people admire your dedication!
- Let people come to your house for overnight visits and meals and show some true Aryan Hospitality!!!
- Have contacts all over the world with Kinsmen!
- Know about other countries and even of lower 'cultures', this way you can prove that ours is better!

Last but certainly not least:

REMEMBER WE HAVE ONLY THIS ONE LIFE TO MAKE A DIFFERENCE, so make good decisions and work HARD for our goals for better future for our children!!!!!!!!!!

Marjo-Riitta, Finland

WAU Updates

WAU would like to congratulate **Claudia** of Chile on becoming a member of WAU and welcome **Anybell** of Argentina to WAU.

WAU Dallas: Right now Instinct issue number 10 is in the works!! If you have anything you would like to submit or if you have any questions about ordering your own copy contact WAU Dallas at the below address. Don't forget we are also a contact point for the Aryan Family Clothing Program! If you have anything you would like to donate, or you are in need of anything yourself, just contact me through the e-mail above. Remember that everything is strictly confidential!

WAU Finland: We currently have some newborn baby clothes available, contact wau_finland@hotmail.com or PO Box on the intro page. We would be thankful for boy's clothes size 100 cm and girl's clothes ages 6 months -> and 3 years ->.

WAU Ireland: I would also like to extend my thanks and gratitude to ladies and gents in VolksFront, we all had a wonderful time at Aryan Fest and we look forward to working alongside you guys again. This was my first large gathering in the USA and I was really impressed by the general attitude and kindness that VF showed to all of us ladies in WAU. Hail VF and WAU!

WAU Missouri: Allot has taken place on our end this past month. First off, **my email was hacked** by someone and they are trying to talk to my contacts and stuff and pretend they are me so everyone if you get an email from wau_mo@hotmail.com it is NOT ME!!! They are sending pictures of my family out to folks and I would suggest anyone who uses MSN Messenger to get rid of it cause anything you have ever sent via that is stored in a file and once someone has access to your email and messenger they can get all that info!!!

The new contact email for WAU Missouri is wau_missouri@hotmail.com.

Please if you get anything from old address delete it, as we don't know if they will try to send viruses to anyone or not.

Aryanfest was a great time to be had. VF made all of WAU very welcome there and showed us the utmost respect and bit Thumbs up to them!!! With sales of CDs, zines, and other stuff, we raised over $500 for our POW/PP fund and VF donated half of their fund to us as well. So, we are going to be able to help 12 prisoners in the next month thanks to all who donated!!!

We also have two new probates one from PA and one from CA look for more info to come about these great women who have joined our ranks!

I would personally like to send out a very special Thank you to Randal from VF Portland and Jake as well from VF Portland for all of their help while we were in Arizona and Jake you are a very funny guy and I hope to do some more POW/PP work with you in the future!!!

Tereasa - WAU Missouri
wau_missouri@hotmail.com

WAU New York: WAU Missouri has already welcomed our newest chapter in the USA; I look forward to working alongside this fine woman as well as our two new probates in PA and CA!

At present we are working on the latest of Keeping the Faith, for more information contact wau_hqsusa@hotmail.com and a big thank you to all the people at Aryan Fest who bought all our zines. I will be sending out $150 to prisoners from the USA with the funds donated to WAU on behalf on VF! "Thanks Jake!"

Past Times:

Das Deutsche Mädel

Background: *Das deutsche Mädel* was the Nazi Party's illustrated magazine for girls. At ten, girls joined the Deutsche Mädel, the German Girls, part of the Hitler Youth organization. This article from summer 1943 tells girls that they too have duties to Germany.

The source: Hilde Breitfeld "Ihr habt die besten Vorbilder," *Das deutsche Mädel,* March-April 1943.

In a time at which our German Reich is in the midst of the hardest battle for its freedom, our ten-year-old girls might perhaps think themselves less likely to become part of the community of the Hitler Youth, where they could help and join in doing the will of the Führer.

For a long time they have known that, we are at war. Their fathers and brothers are at the front, and their mothers go to work, perhaps filling the job of a man. However, they have to stay home and help with the smaller children and do the things that mother normally did.

Such a little girl soon realizes what all her mother has to do. Without having to say much about it, she understands that the work of the family must go on, even if the father is serving in the field. And the family may even be stronger and closer, since one has to write to the father and bring him happiness.

Ten-year-old girls are war children again, just as there were war children in the previous war. Be sure than people can see your enthusiasm, that your fathers and brothers at the front may be proud of you.

Over ten years ago at the first Reich Youth Rally in Potsdam, the Führer said to his boys and girls: "There may have been times in the past when the life of the youth seemed easier because they had more outward pleasures. But you have the joy of participating in the early years that will decide the fate of the nation."

It is as if the Führer had spoken you to you ten-year-old girls as well, who are now joining the community. From this day on, your small strength too will contribute to winning the war and building a greater and more beautiful Reich. For you, the Hitler Youth is a strong organization like the school, one that your bigger brothers and sisters, neighborhood boys and girls and your cousins belong to. None of you think about the fact that this great organization that bears the name of the Führer marched for the first time as a community and as the Führer's youth just twenty years ago. A small troop of brave, passionate boys were the first, soon joined in Saxony and Munich by the first girls, though they served as nurses. They wanted to help. They prepared the food for the SA and HJ who were fighting day and night. They darned, knit, and did whatever could be done, for many of the men of the SA and the boys of the HJ were unemployed and had not even the means to eat after the dangers they daily endured during the period of struggle.

The Hitler Youth grew. New groups developed everywhere in the Reich. Everywhere they risked all they had for a great cause that had to win in the end. The 21 members of the Hitler Youth who died are witnesses of the contribution the youth made to the Reich.

As you become part of the community, remember that this community was built by absolute loyalty and the most determined action, and that your comrades include those who sealed their loyalty by their deaths.

You do not have to be a perfect Young Girl from the beginning, for you must of course grow into your new responsibilities. You will have to prove yourself in your new circle of comrades before one can say of you: "She is a Young Girl."

One thing is expected of you. During your six-month probationary period, during which you may not wear the scarf and tie, you must do everything you can to reach your goal. That may be in small things one asks of you, or in your eagerness to prepare for the Young Girl test **[a physical fitness test]**, or during the achievement week during the summer vacation. You will constantly be able to prove your total commitment in service, sport, trips, meetings, war duty, etc. Even in the little things of every day life, be loyal and dependable! You who want to become Young Girls must do all you can to be able to wear the scarf and tie as the outward signs of your membership in the Hitler Youth on 2 October, the anniversary of the first Reich Youth Rally in Potsdam.

No youth in the world has such examples as you do. Think about the soldiers who on land, sea, and air are fighting for Germany's freedom. You are living in a great age. Prove yourself to be girls who are worthy of our soldiers, no matter how young you are. Be as brave and loyal as they are.

March-April 1943. The caption reads: "Once again in these weeks, following the will of the Führer, our ten-year-olds are joining the community of the Hitler Youth, gladly and cheerfully doing their duty wherever they are needed."

Vegetarian Diet And Pregnancy

Many vegetarians, myself included, are used to face concerns and prejudices about their diet, anything from humorous comments to long lectures. Those of us who are more familiar with vegetarianism know the change this diet can do both to our personal health and environment, not to mention to the welfare of animals. (See for example *101 Reasons Why I'm a Vegetarian* by Pamela Rice at http://www.vivavegie.org/vv101/.) For a pregnant woman, however, vegetarianism can arouse many concerns; does a meat-free diet give me all the necessary nutrients I need to have a healthy baby?

Firstly, the idea that one needs meat to get all the necessary prenatal nutrients is a cultural assumption, not a scientific fact. There is no indication in the medical literature that the addition of meat to a pregnant woman's diet improves the outcome of her pregnancy or somehow results in a healthier baby. There's plenty of evidence that vegetarian and vegan women have healthy pregnancies and good-sized, healthy babies.

Many pregnant vegetarian women worry that they're not getting enough protein, and that's why they often start eating fish just to fill the protein need. Actually, most women, including vegetarians, eat enough protein to meet the needs of a pregnant woman. A woman's body needs about 300 extra calories per day to grow a healthy baby, and the need for protein increases only by 20 percent. Extra calories in the diet are simply stored in the body as fat. Sources of protein are for example whole grains, soy foods, nuts (also as butter), seeds, fruits and vegetables. The last mentioned are also full of antioxidants. A rule of thumb is to vary the colors of the fruit and vegetables you eat.

Fish is also eaten because of **omega-3 fatty acids** that are important for the development of the brain and maintenance of the central nervous system. However fish oil isn't the only source of omega-3 fatty acids, they are also available for example from walnuts (also oil), soy products and soybean oil.

Your developing baby also needs **calcium** to grow strong bones and teeth, a healthy heart, nerves, and muscles, and to develop normal heart rhythm and blood clotting abilities. If you don't get enough calcium in your diet, your baby will leach it from your bones, which may impair your own health later on.

Milk is not the only source of calcium, and billions of women worldwide consume no milk and produce perfectly healthy and strong children. Good sources are for example: broccoli, seeds, sea vegetables, fortified orange juice, calcium-processed tofu, fortified soy and rice milk. A woman's body actually absorbs and retains calcium more efficiently during pregnancy.

Just as important is **Vitamin D** which is essential for the absorption of calcium and for the formation of your baby's bones in utero. Your body makes Vitamin D of sun exposure, but since your needs during pregnancy double, it's safer to make sure you have a dietary source of this nutrient. Vegetarian sources include egg yolks, fortified dairy products, and many soy and rice milks.

B-12 is also an important vitamin that can be found in fortified juices, cereals and meat substitutes; plants have very little of it. Sea vegetables, tempeh, and other foods, however, are said to be less reliable sources of vitamin B-12. Failure to obtain enough B12 could cause your baby to be born with very low stores, which can lead to B12 deficiency (weakness, loss of reflexes, failure to thrive, delayed development, muscle wasting, and irreversible brain damage.)

When the baby's blood is formed, the mother's blood volume rises to guarantee enough oxygen to her child. Therefore the need for **iron** increases during pregnancy, and many women, vegetarians or not, experience anemia. Even if you're a healthy eater, diet alone may not give you enough iron and therefore your doctor may recommend you to take a daily iron supplement in the second and third trimesters.

Iron-rich foods are for example green leafy vegetables, beans, dried fruits (for example raisins), sea vegetables, nuts and seeds. Notice that **vitamin C** (for example in orange juice) helps your body absorb iron. Avoid excess consumption of tea, coffee and milk products or drink them between meals as they decrease iron absorption.

All this information and recommendations probably make you feel even more confused and you wonder if you will ever remember it all. Don't worry. It is recommended to eat according to your appetite, just limit junk food – fat, sugar and refined foods – as they displace more nutrient-dense foods. As long as you gain weight at an appropriate rate, the rest will fall in place. So relax and enjoy your pregnancy, and if you feel doubtful about anything, you can always discuss it with your doctor.

Compiled by WAU Finland

Sources:

Lorente, Carol Wiley (1997). Worry-free pregnancy: vegetarian moms-to-be can relax. A meatless diet is healthful for both mother and child. *Vegetarian Times* 1997.

Wilson. Melanie (2003). *A Successful Veg Pregnancy*. Vegetarian Baby & Child Online Magazine. http://vegetarianbaby.com/articles/successpreg.shtml

"Some women may not like to hear this, but the female body was designed for reproduction. Therefore, it is amazingly efficient. The female body is a miracle, and it's designed to survive under adverse conditions."

- John McDougall, M.D.